

Freedom from Emotional Eating;
Changing your relationship with food



Tapping Script for: Overwhelm

KC Point: Even though I feel overwhelmed, I acknowledge it and accept how I feel.

KC Point: Even though I feel overwhelmed by all that's going on around me, i deeply love and accept myself

KC Point: Even though I feel all this overwhelm in my _____, I love and accept myself

Top Head: all this overwhelm in my _____

Inside eye: I feel so overwhelmed

Outside eye: there's so much to think about

Under eye: I can't focus my thoughts

Under nose: I feel so overwhelmed

Chin: all this overwhelm in my _____

Collarbone: It's such a strong feeling

Under arm: it's taking up all my feelings

Inside wrist: it's taking up all my attention

Thumb: this is too much for me to cope with

Finger 1: I just want peace

Finger 2: I feel all this weight/ pressure in my _____

Finger 3: so many things need my attention

Little Finger: I can't focus on anything

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Top Head: I don't have space for it all

Inside eye: all this pressure/weight

Outside eye: I can't see passed it

Under eye: Maybe I could breathe the overwhelm out with each breathe

Under nose: maybe I could breathe it out

Chin: all the overwhelm

Collarbone: breathing deeply

Under arm: more and more relaxed

Inside wrist: it feels less intense now

Thumb: it's releasing

Finger 1: as I breathe deeply

Finger 2: as I breathe slowly

Finger 3: letting it all go

Little Finger: being kind to myself

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check where you are scoring: out of 10. 10 down to 6, keep going as you describe the overwhelm as it shows in your body. 5-0 finish with the statements below:

Top Head: I feel I can relax more now

Inside eye: I can start to see what really does need my attention

Outside eye: and then all the other stuff that can wait

Under eye: I can be gentle with myself

Under nose: I'm allowing myself to find space for me

Chin: I'm choosing to look after me

Collarbone: I'm choosing to give myself some peace

Under arm: I don't need to do everything all now

Inside wrist: I can see that that's not true

Thumb: I now choose to breathe and relax

Finger 1: I now choose to know that I am very capable and will deal with what needs dealing with

Finger 2: I now choose to let all distractions go; seeing them for what they are

Finger 3: I now choose to give myself time and space

Little Finger: I choose to let myself feel relaxed and peaceful